



SPRING 2014 UPDATE

We are pleased to announce the 2014 Spring Update! This upcoming season is packed full of awesome outdoor opportunities: after school workshops, service learning projects, day trips, overnight trips and monthly rock climbing sessions. With spring weather we are excited to start camping season again. We will be traveling overnight to Whidbey Island, Deception Pass, the Oregon Coast, Eastern Washington, and an all girls trip to the Olympic Peninsula. After the end of the school year be sure to come to our **EPIC Annual Summer BBQ** on June 30th at Lincoln Park in West Seattle; check out the event description for more information and specific pick up times.

Do you want to make money and gain job experience? Join us for our joint **Summer Job Opportunities Workshop** on April 3rd. As a teenager, finding employment can be difficult. We did the hard work of bringing different job opportunities to you. There will be several different job opportunities available; you are guaranteed to find one near you. For our **O2 stipend programs** we are introducing a new application process this year. Please refer to the detailed information on page 12 and 13. The following Thursday, June 10th, is a resume workshop where you can build and develop your resume. Emily will provide you with a resume writing tool at our April 3rd workshop so don't miss out.

With spring weather brings more opportunities to get out on the water in an O2 aquatic event. To participate in one of our aquatic events like rafting, canoeing, kayaking, boating, etc., you are required to have a completed **Float Test** (Pg. 23). We are offering pick-up and drop-off dates and times for North and South end locations based on pool scheduling. If you are unable to make these times, you can also take it on your own by visiting one of the pools listed on our float test information page. These certificates are then good for three years and will allow you to participate in all O2 aquatic trips.

We are still hosting separate North-end and South-end locations for workshops. However, our O2 service projects and select events will remain as joint events. The South-end workshops are held on Tuesdays, and the North-end workshops are on Wednesdays. You can sign up with either Seth (North-end) or Emily (South-end). Seth's cell phone is 206-423-1501 and Emily's is 206-423-3460. You can sign up for events no more than a month ahead of time. In order to confirm your slot for any O2 event, please contact Emily or Seth no later than one week before the event. If we do not connect with you by phone or text, there is a chance you will lose your slot to another participant! So please track your O2 events and take 10 seconds to contact us and confirm your attendance!

We are excited about your participation in our spring 2014 season! Call us now to sign up and secure your spot.

Bob, Sebastian, Emily, and Seth

Table of Contents:

Spring Calendar.....	2—4
Workshops.....	5— 8
Rock Climbing.....	9
Weekend Trips	10
Projects.....	11

Stipend and Application.....	12—13
Pickup Location Maps.....	15—18
Waivers.....	19—22
Float Tests.....	23
Equipment List.....	24

Seth Wendzel | 206-423-1501
Emily Sachwald | 206-423-3460
Bob Warner | 206-890-2513
Sebastian Wilson | 206-390-1018
www.seattle.gov/parks/teens/o2
Join our group on Facebook!



APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 South-end Workshop Urban Gardening Pg. 7	2 North-end Workshop GOOGLE Panel Pg. 5	3 JOINT North/South Workshop Summer Job Opportunities Pg. 5 & 7	4	5
6	7	8 South-end Workshop Bike Ride/Coastal Wildlife at Alki Pg. 7	9 North-end Workshop UW Botany and Cherry Blossoms Pg. 5	10 JOINT North/South Workshop Resume Workshop Pg. 5 & 7	11	12
13	14 South-end Overnight Deception Pass Pg. 10	15 South-end Overnight Deception Pass Pg. 10 North-end Workshop Adventure Slam Pg. 5	16 South-end Overnight Deception Pass Pg. 10 North-end Workshop Adventure Slam Pg. 5	17	18	19 JOINT North/South Service Project Earth Day Pg. 11
20	21	22 South-end Workshop Bike Works Part 1 Pg. 7	23 North-end Workshop Wild Edible Plants Pg. 5	24 JOINT North/South Workshop Vertical World Indoor Climbing "Trust" Pg. 9	25 North-end Overnight Trip Migratory Bird Festival Pg. 10	26 North-end Overnight Trip Migratory Bird Festival Pg. 10
27 North-end Overnight Trip Migratory Bird Festival Pg. 10	28	29 South-end Workshop Bike Works Part 2 Pg. 7	30 North-end Workshop Disc Golf Pg. 6 North-end Float Test Pg. 23	1 May South End Float Test Pg. 23	2	3

Workshop pickup time: 3-4:00 p.m.
Workshop drop-off time: by 7 p.m.
Weekend pickup times: 8:45-9:30 a.m.
Weekend trip drop-off time: by 8 p.m.

Contact Seth and Emily to sign up for events!
Seth (North) | 206-423-1501
Emily (South) | 206-423-3460
www.Facebook.com/groups/O2program



MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 South end Float Test Pg. 23	2	3
4	5	6 South-end Workshop Environmental Art Part 1 Pg. 7	7 North-end Workshop Cooking Naturally Pg. 6 North-end Float Test Pg. 23	8 South end Float Test Pg. 23	9	10 JOINT North/South Service Project Duwamish Waterway Canoe Clean Up Pg. 11
11	12	13 South-end Workshop Environmental Art Part 2 Pg. 7	14 North-end Workshop Made By You Pg. 6	15	16	17 South-end Overnight Desert Campout Pg. 10
18 South-end Overnight Desert Campout Pg. 10	19	20 South-end Workshop Canoeing the Arboretum (float test required) Pg. 8	21 North-end Workshop Ice Skating Pg. 5	22	23	24 South-end Girls Only Overnight Trip Olympic Peninsula (float test required) Pg. 10
25 South-end Girls Only Overnight Trip Olympic Peninsula (float test required) Pg. 10	26 South-end Girls Only Overnight Trip Olympic Peninsula Pg. 10	27 South-end Workshop Native People's Survival Techniques Pg. 8	28 North-end Workshop Kites and Slack Lining At Gasworks Park Pg. 6	29 JOINT North/South Workshop Vertical World Indoor Climbing "Communication" Pg. 9	30 North-end Overnight Trip Goonies Never Say Die! Pg. 10	31 North-end Overnight Trip Goonies Never Say Die! Pg. 10

Workshop pickup time: 3-4:00 p.m.
 Workshop drop-off time: by 7 p.m.
 Weekend trip pickup time: 8:45-9:30 a.m.
 Weekend trip drop-off time: by 8 p.m.

Contact Seth and Emily to sign up for events!
 Seth (North) | 206-423-1501
 Emily (South) | 206-423-3460
www.Facebook.com/groups/O2program



JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 North-end Overnight Trip Goonies Never Say Die! Pg. 10	2	3 South-end Workshop African Rhythms Pg. 8	4 North-end Workshop Canoeing the Arboretum (Float test required) Pg. 6 <u>2 hr early start</u>	5 JOINT North/South Workshop Outdoor Climbing at Sand Point/ Magnuson “Encouragement” Pg. 9 (Weather Permitting)	6	7
8	9	10	11	12	13	14
15	16	17	18	19 LAST DAY OF SCHOOL	20	21
22	23	24 South end Float Test Pg. 23	25 North-end Float Test Pg. 23	26 South end Float Test Pg. 23	27 JOINT North/South Day Trip White Water Rafting Pg. 10 (Waiver and Float Tests Needed)	28
29	30 JOINT North/South Day Trip Summer BBQ KICK-OFF Pgs. 6, 8 & 10	1 July Rock Climbing Stipend Training Pg. 12	2 Mountain Biking Stipend Training Pg. 12	3	4 Independence Day	5

Workshop pickup time: 3-4:00 p.m.
Workshop drop-off time: by 7 p.m.
Weekend trip pickup time: 8:45-9:30 a.m.
Weekend trip drop-off time: by 8 p.m.

Contact Seth and Emily to sign up for events!
Seth (North) | 206-423-1501
Emily (South) | 206-423-3460
www.Facebook.com/groups/O2program

NORTH-END WORKSHOPS

Pickups and Drop-offs:

NORTH-end students can meet the green Parks van at:

Ballard High School – 3 p.m.

Northgate Community Center – 3:30 p.m.

Return to Northgate C.C./Ballard HS – By 7 p.m.



Wednesday, April 2nd: Google Panel

Google might be the most recognized corporation in the world and you have the opportunity to come spend an afternoon at the Seattle Google campus and talk with Google employees. Explore and learn from their experience what it takes to become a Google employee.

Thursday, April 3rd: Summer Job Opportunities

There are a variety of jobs and paid opportunities available for you during the summer through the City of Seattle and it's partners. Come find out which positions and opportunities are available, how to apply, and when your application needs to be turned in. Some application deadlines are approaching fast, so sign up now and come find out how to make it happen!

Wednesday, April 9th: UW Botany and Cherry Blossoms

Join us as we set out to experience the UW Botany program and see the famous Cherry Blossom trees on the UW campus.

Thursday, April 10th: Resume Writing and Tips to Get Hired

Whether you already have a resume written or not feel free to come to this workshop and learn some tips! A resume is a must have these days when applying for a job and a well written resume makes a huge difference in whether you are chosen for an interview. We will be holding this workshop for all O2 participants. Standard workshop pickup times apply.

April 15th & 16th: O2 Spring Break Adventure Slam! (Back-to-Back Day Trips)

Pick ups will be at Ballard at 9:30am and Northgate at 10:00am, we will return by 6pm

Join us one day or both as we participate in a variety of O2 events which may include rock climbing, hiking, slack lining and visiting many of our local parks. We will have our GoPro and digital cameras rolling to document our "Adventure Slam". Footage will be used to produce a short documentary to post on Facebook, YouTube, and use in future presentations. Everyone is welcome!

Wednesday, April 23rd: Wild Edible Plants

Did you know that nettles are good for allergies and dandelion leaves have high amounts of calcium and protein? With this workshop you will learn about several plants you can pick from your own backyard that are edible and actually taste good.

Thursday, April 24th: Vertical World Indoor Climbing—Pg. 9

Wednesday, April 30th: Disc Golf at Mineral Springs Park

Mineral Springs Park is home to one of Seattle's two disc golf courses and the location for our first disc golf event of the year. Come and you can learn the basics of playing disc golf or work on your form if you already have experience. This park has 4 acres of historic ponds, exotic plants and a man-made mineral spring.

NORTH-END WORKSHOPS—(continued)

Pickups and Drop-offs:

NORTH-end students can meet the green Parks van at:

Ballard High School – 3 p.m.

Northgate Community Center – 3:30 p.m.

Return to Northgate C.C./Ballard HS – By 7 p.m.



Wednesday, May 7th: Cooking Naturally

Join us and experience first hand how easy it is to cook with delicious foods without breaking the bank or filling your body with unnecessary preservatives and chemicals. We will cook awesome dishes and feast naturally just like our rural farming ancestors did in the past.

Wednesday, May 14th: Made By You

The most favorite item I own is the duct tape wallet I made myself! There are a lot of other things we can make with duct tape too. We plan to work with duct tape, natural elements found in our environment, and also do tie-dye. Bring anything and everything you have ever wanted to tie-dye like socks, shirts, and get wild with your own designs. We will provide every participant with a bandana to tie-dye.

Wednesday, May 21st: Ice Skating

Come cool off and celebrate the last bit of winter in spring at the Highland Ice Arena. Ice skating is a year round sport and a lot of fun. You can wiggle and wobble your way across the ice or show off your triple lutz, either way let's Zamboni!

Wednesday, May 28th: Kite Making and Slack-Lining at Gasworks Park

Gasworks Parks is known around the world as one of the best places to fly a kite. We'll fly trick kites, power kites, and even make our own signal kites while we're there. After watching our kites soar high in the sky, we'll test our balance walking across a slack-line.

Thursday, May 29th: Vertical World Indoor Climbing—Pg. 9

Wednesday, June 4th: Canoeing at the Arboretum

The Seattle Arboretum is a botanical park with jungle-like canals that interweave through the park. One of the best ways of experiencing this special park and all of it's unique plant and animal life is by canoe. *A float test is required to attend this event. (Pg.23)*

Thursday, June 5th: Outdoor Climbing at Sand Point—Pg. 9

Monday, June 30th: Summer Kick Off BBQ - Lincoln Park Picnic Shelter 3

***Pick-up times for North-end are Ballard HS 10:00AM/ Northgate C.C. 10:30AM**

***South-end are Rainier C.C. 10AM/Jefferson C.C. 10:15AM/Camp Long 10:30AM**

The BBQ will be over by 2 PM

School is finally over, hello summer! Please join us as we celebrate the summer with an O2 barbecue on the beach. We will be handing out summer calendars, eating good food, playing games, and of course hanging out with friends. This is also an opportunity to sign-up first for our summer trips. Everybody is welcome, so come with old friends and meet some new ones.

SOUTH-END WORKSHOPS—TUESDAYS

Pickups and Drop-offs:

SOUTH end students can meet the green Parks van at:

Rainier Community Center – 3:15 p.m.

Jefferson Community Center – 3:30 p.m.

Camp Long – 4 p.m.

Return to Jefferson C.C./Rainier C.C./Camp Long – By 7 p.m.



Tuesday, April 1st: Urban Gardening

Growing your own food is tasty, rewarding and fun. Learn how to start your own garden in any space—no yard space necessary! This workshop will teach you about gardening using whatever space and climate you have, and you will leave with the materials needed to start your own delicious spread!

Thursday, April 3rd: Summer Job Opportunities

There are a variety of jobs and paid opportunities available for you during the summer through the City of Seattle and it's partners. Come find out which positions and opportunities are available, how to apply, and when your application needs to be turned in. Some application deadlines are approaching fast, so sign up now and come find out how to make it happen!

Tuesday, April 8th: Bike Ride/ Coastal Wildlife at Alki

Enjoy spring while road biking along the Alki waterfront. On our leisurely cruise we will learn some basic bike road safety and check out the coastal wildlife.

Thursday, April 10th: Resume Writing and Tips to Get Hired

The O2 program is constantly striving to expose you to excellent opportunities and provide you with an advantage personally and professionally. Come check out this resume workshop in order to refine your existing resume or build a new and professional document. There are many subtle tips to building an effective resume, even when you have very little work experience. With summer employment right around the corner, now is your time to fine-tune this important professional document.

Tuesday, April 15th: NOTE—We are not hosting a workshop this week due to the overnight event.

Tuesday, April 22nd: Bike Works, Bike Maintenance Part 1

Bike Works, a great O2 program partner, is hosting a two part bike maintenance series for us. In part one, learn how to fix a flat tire, solve common bike issues, and strip a bike down to learn the basics. This is a fantastic opportunity to become more bike savvy!

Thursday, April 24th: Vertical World Indoor Climbing—Pg. 9

Tuesday, April 29th: Bike Works, Bike Maintenance Part 2

Bike Works, a great O2 program partner, is hosting a two part bike maintenance series for us. In part two, learn how to keep your bicycle in top shape through maintenance and overhauls. This workshop is a must have for anyone that rides!

SOUTH-END WORKSHOPS—TUESDAYS (continued)

Pickups and Drop-offs:

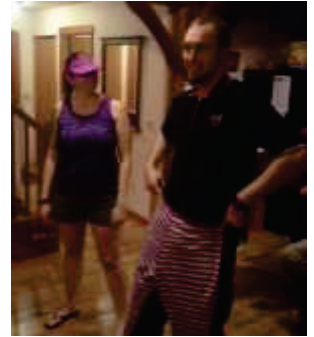
SOUTH end students can meet the green Parks van at:

Rainier Community Center – 3:15 p.m.

Jefferson Community Center – 3:30 p.m.

Camp Long – 4 p.m.

Return to Jefferson C.C./Rainier C.C./Camp Long – By 7 p.m.



Tuesday, May 6th: Environmental Art, Part 1

In part one of this series, check out the Olympic Sculpture Park and the Museum of History and Industry with our guest speaker and artist, Mary Duke. You will learn why art is everywhere and how anyone can be a part of it.

Tuesday, May 13th: Environmental Art, Part 2

Join us for part two of this series, with guest speaker and artist, Mary Duke, as we create our own O2 outdoor art. Bring your personality and think outside the box to leave your mark on the world.

Tuesday, May 20th: Canoeing at the Arboretum

The Seattle Arboretum is a botanical park with jungle-like canals that interweave through the park. One of the best ways of experiencing this special park and all of it's unique plant and animal life is by canoe. Please sign up with Emily as space is limited. *A float test is required to attend this event.* (Pg. 23)

Tuesday, May 27th: Native People's Survival Techniques

The native people of the Pacific Northwest were masters at living with nature and surviving in this lush, bountiful environment. You are invited to come out and participate in this workshop where we will learn about native uses of plants and the environment. Topics will include: native plants uses for: food, shelter, hunting, fishing, and clothing.

Thursday, May 29th: Vertical World Indoor Climbing—Pg. 9

Tuesday, June 3rd: African Rhythms

Did you know that the basic beats of Rap, R&B, Hip-Hop, Blues, Jazz and even rock music come from African rhythms? This workshop will be hosted by Pappys Fella Seck, Master African Drummer. Pappys is a local legend in Seattle and will teach us about the stories related to African instruments and how to play each of these musicality's.

Thursday, June 5th: Outdoor Climbing at Sand Point—Pg. 9

Monday, June 30th: Summer Kick Off BBQ - Lincoln Park Picnic Shelter 3

***Pick-up times for North-end are Ballard HS 10:00AM/ Northgate C.C. 10:30AM**

***South-end are Rainier C.C. 10AM/Jefferson C.C. 10:15AM/Camp Long 10:30AM**

The BBQ will be over by 2 PM

School is finally over! Please come to celebrate the Summer with an O2 barbecue on the beach. This is also an opportunity to sign-up for our summer trips. We will be handing out summer calendars, eating good food, playing games, and of course hanging out with friends. Everybody is welcome, so come with old friends and meet some new ones.

JOINT CLIMBING WORKSHOPS —THURSDAYS

Pickups and Drop-offs:

SOUTH end students can meet the green Parks van at:

Rainier Community Center – 3:15 p.m.

Jefferson Community Center – 3:30 p.m.

Camp Long – 4 p.m.

Return to Jefferson C.C./Rainier C.C./Camp Long – By 7 p.m.

NORTH-end students can meet the green Parks van at:

Ballard High School – 3 p.m.

Northgate Community Center – 3:30 p.m.

Return to Northgate C.C./Ballard HS – By 7 p.m.



THURSDAY CLIMBING EVENTS: Indoor Rock Climbing Series

Our rock climbing sessions are the same times as our afterschool workshops and run from 4-6 pm. A waiver is needed for the two climbs at Vertical World (Pg. 19-20) The online Vertical World waiver is good for life, while the paper waiver is only good for one visit. Pickup times and locations will remain the same as after school workshops.

NOTE—All of these climbing sessions are open to beginner and more advances climbers alike!

Basic Rock Climbing Techniques and Practice

Rock climbing is one of the world’s most amazing sports: combining mental and physical focus, balance, and excitement. We are pleased to continue monthly climbing sessions held on Thursdays of each month. We will be teaching how to belay at each session if you are interested in learning. Belaying is the act of passing rope through a device used to catch a climber. This is an essential part of climbing and will be the foundation for the remaining school-year climbing sessions. You can also earn volunteer hours if you belay for O2 climbers.

THURSDAY April 24th: Vertical World Indoor Climbing, “Trust”

This second climbing session in the series will focus on trust. Trust is an essential element of climbing, especially between the climber and their belayer. At all of our Vertical World climbing events you will have the opportunity to take the belay certification test. Come have a blast climbing, belaying, and building trust.

THURSDAY May 29th: Vertical World Indoor Climbing, “Communication”

This session will focus on communication as you learn basic climbing techniques and have a great time rock climbing.

THURSDAY June 5th: Outdoor Climbing at Sand Point/Magnuson, “Encouragement”

This session will focus on encouragement and techniques needed to be a successful climber outdoors. (weather permitting)

Pickup and Drop-offs for Trips:

<p>NORTH-end students can meet the green Parks van at:</p> <p>Discovery Park Center – 8:45 a.m.</p> <p>Ballard High School – 9 a.m.</p> <p>Northgate Comm. Center – 9:30 a.m.</p> <p>Return to Ballard HS/Northgate C.C. – by 8 p.m. for trips</p>	<p>SOUTH-end students can meet the green Parks van at:</p> <p>Rainier Comm. Center –9 a.m.</p> <p>Jefferson Comm. Center – 9:15 a.m.</p> <p>Camp Long – 9:30 a.m.</p> <p>Return to Jefferson C.C./Rainier C.C./Camp Long- by 8 p.m. for trips</p>
--	---

SOUTH-END TRIPS

Monday – Wednesday, April 14th- 16th: Adventure Trip to Deception Pass

Spring break is here and it's time to walk on the adventurous side of life on this three day overnight trip to Deception Pass. We'll be tent camping at one of the most scenic areas in coastal Washington while enjoying a variety of outdoor activities. Be bold, kick back and have a Spring Break adventure all your friends will want to hear about. Space is limited. Please call Emily and leave a message to reserve your spot! An overnight equipment list is attached. (pg. 24)

Saturday – Sunday, May 17th– 18th: Eastern Washington Campout

Spring is officially here! Eastern WA affords us with the driest and sunniest weather in the state. Let's head out into this desert terrain and camp near lakes, the Columbia River, and the wild sage lands. Space is limited. Please call Emily and leave a message to reserve your spot! An overnight equipment list is attached. (pg. 24)

Saturday– Monday, May 24th—26th: Girls Only! Olympic Peninsula Overnight

Girls Rule on this trip to the coastline of the Olympic Peninsula where we will camp by the lovely Dungeness spit. Canoeing, hiking to the lighthouse, toenail painting, chocolate eating, and lots of laughs are all a part of this adventure. Call or text Emily to get in on the fun. *Float test required.* (Pg. 23) An overnight equipment list is also attached. (pg. 24)

NORTH-END TRIPS

Friday –Sunday, April 25th—27th : Whidbey Island Migratory Bird Festival

We are headed to Whidbey Island for the weekend for the Migratory Bird Festival. We are the invited guests of the National Forest Foundation and North Cascades Institute. We will participate in some exciting activities with other groups from around the state and also earn service hours completing a volunteer project. Please call Seth and leave a message to reserve your spot! An overnight equipment list is attached. (pg. 24)

Friday– Sunday, May 30th — June 1st: Goonies Never Say Die!

Goonies Never Say Die! Become a Goonie for the weekend as we travel to Clatsop County, OR where the movie was filmed and see some of what makes this area great. Our trip will include Goonies themed adventures, coastal bon-fires, and visits to some exciting places. We will award prizes to whoever can do the best "Truffle Shuffle" by the end of the trip. Please call Seth and leave a message to reserve your spot! An overnight equipment list is attached. (pg. 24)

JOINT NORTH AND SOUTH TRIPS

Friday, June 27th: White Water Rafting Trip

White water river rafting in the wild rapids of the Wenatchee River is one of our most popular O2 events! This is guaranteed to be an exciting event for both beginner and intermediate river runners. Space is limited, so please call Emily or Seth to sign up. Please bring swimwear, a towel, a change of clothes and an extra pair of warm socks. *A float test is required to attend this event.* (Pg. 23) and *waiver* (Pg. 21—22).

Pickup and Drop-offs and Projects:

NORTH-end students can meet the green Parks van at:

Discovery Park Visitors Center – 8:45 a.m.

Ballard High School – 9 a.m.

Northgate Community Center – 9:30 a.m.

Return Northgate C.C./Ballard HS– by 5 p.m.

SOUTH-end students can meet the green Parks van at:

Rainier Community Center – 9 a.m.

Jefferson Community Center – 9:15 a.m.

Camp Long – 9:30 a.m.

Return to Jefferson C.C./Rainier C.C./Camp Long by 5 p.m.

JOINT SERVICE PROJECTS

Saturday, April 19th: Earth Day Service Project

Earth Day is one of the planet's most widely accepted day of volunteerism and service. Come out and contribute to this enormous service effort as thousands of people volunteer in our city to make a positive difference. Please bring clothing and closed toed shoes or work boots that are appropriate to get dirty.

Saturday, May 10th: Duwamish Canoeing Cleanup

We will help clean up the Lower Duwamish Waterway from our canoes! Enjoy the Duwamish River from a canoe as we paddle around to gather trash and clean up the river. The garbage that we gather will be part of Ocean Conservancy's International Coastal Cleanup, and we will track our findings to help scientists learn more about how much trash is out there. This is a fun and interesting way to help keep our waterways clean and contribute to their conservation. *A float test is required to participate in this event* (Pg. 23).





\$TIPEND PROGRAM\$



STIPEND PROGRAMS: The O2 stipend programs are wonderful opportunities for participants to gain valuable work skills while having an amazing time. This year we are introducing a new way to apply for our stipend opportunities. Instead of a first-come-first-serve, we are integrating an application and selection process. If you are interested in participating the **deadline to submit an application is June 7th. You can complete and submit this application at any time before this June 7th deadline.** We will contact you to discuss your enrollment status. ***Please note that the Rock Climbing and Mt. Biking positions rely on outside funding and if we do not receive the money we will not be able to offer those opportunities.*

How do I sign up? Print the Stipend Application (pg. 13), complete it and mail or deliver it to: Camp Long, 5200 35th Ave SW, Seattle WA 98126 Attn: Emily Sachwald. Emily will need to have this application in her possession by June 7th. Late applications will not be accepted.

O2 Rock Climbing Program: July 1st, July 10th, 17th, 31st & August 7th **

Earn \$150.00

What: You will be belaying (the rope safety system for climbing) and teaching community center youth how to rock climb. This is an empowering, motivating experience, and you will gain valuable skills to use at future jobs. To get full compensation you need to work all of the rock climbing dates plus the training day. No climbing experience necessary!

Mandatory Training: Tuesday July 1st, 10am-4pm meet at Camp Long 5200 35th Ave SW

Work days: You must attend each Thursday Climbing Day (July 10th, 17th, 31st and August 7th)

Meet at Camp Long at 7am. Return by 6pm.

O2 Mt. Biking Program: July 2nd, July 11th, 18th, August 1st & 8th**

Earn \$150.00

What: Lead trips for community center youth learning how to mountain bike. You will be responsible for teaching them safety and technical skills as well as encouraging and helping them. To get full compensation you need to work all of the mountain biking dates plus the training day.

Mandatory Training: Wednesday, July 2nd, 9:00am-4pm. Pick ups at 9am at Northgate Community Center 10510 5th Ave NE.

Work days: You must attend each Friday biking day July 11th, 18th, August 1st & 8th. Meet at 9am at Northgate Community Center 10510 5th Ave NE.

Week Long Trail Crew: July 27th– August 1st

Earn \$372.80

What: This is a 6-day trip into the Mount Baker-Snoqualmie National Forest. We will be working long, hard days maintaining and building trails. We will be camping with limited shower access. Take advantage of this opportunity to build muscles, get dirty and get paid!

Mandatory Training: Training will be on Sunday July 27th at Camp Long beginning at 12 noon. Parents are invited to an informational session from 12-1pm. We will spend the night at Camp Long and leave Monday morning for the National Forest.

Start day and Return time: Sunday, July 27th at Camp Long, 12 noon. We will return by 8pm on Friday, August 1st. **Yes, you have to attend the entire project!**

Steven's Pass Clean Up and BBQ: Wednesday, August 13th

Earn \$45.00 for one day!

What: A one-day trip to Stevens Pass to help clean up the ski area. You will spend about 5 hours working, and then we will have a BBQ to finish off the day. *Please be prepared with clothes that you don't mind getting dirty: long jeans or work pants, covered toed shoes and a long sleeve shirt. A waiver is required for this event.*

When: South end pick-ups will be at Camp Long at 7am, Jefferson CC at 7:15am, and Rainier CC at 7:30am. North end are Ballard 7:15am and Northgate CC at 7:30am. Return by 6pm.

This year we are introducing a new way to apply for our stipend opportunities. Instead of a first-come-first-serve, we are integrating an application and selection process. Completed applications should be mailed or delivered it to: Camp Long, 5200 35th Ave SW, Seattle WA 98126 Attn: Emily Sachwald.



The selection process will be open now until **June 7, 2014.**

Applications received after this date will not be accepted.

O2 Summer Stipend Opportunity Application



Name: _____
Address: _____
Phone numbers: _____
Email: _____

Please rate your stipend preference using 1, 2, 3, and 4 in the boxes below.

Preference: rock climbing _____ mountain biking _____ trail crew _____ Steven’s Pass clean up _____

Please answer the following short answer questions. These questions will be evaluated to determine the best candidates for the available summer stipend opportunities.

1. How have you positively contributed to the community?
(This can include the O2 community, your school community, family/friend community, city community, etc.)

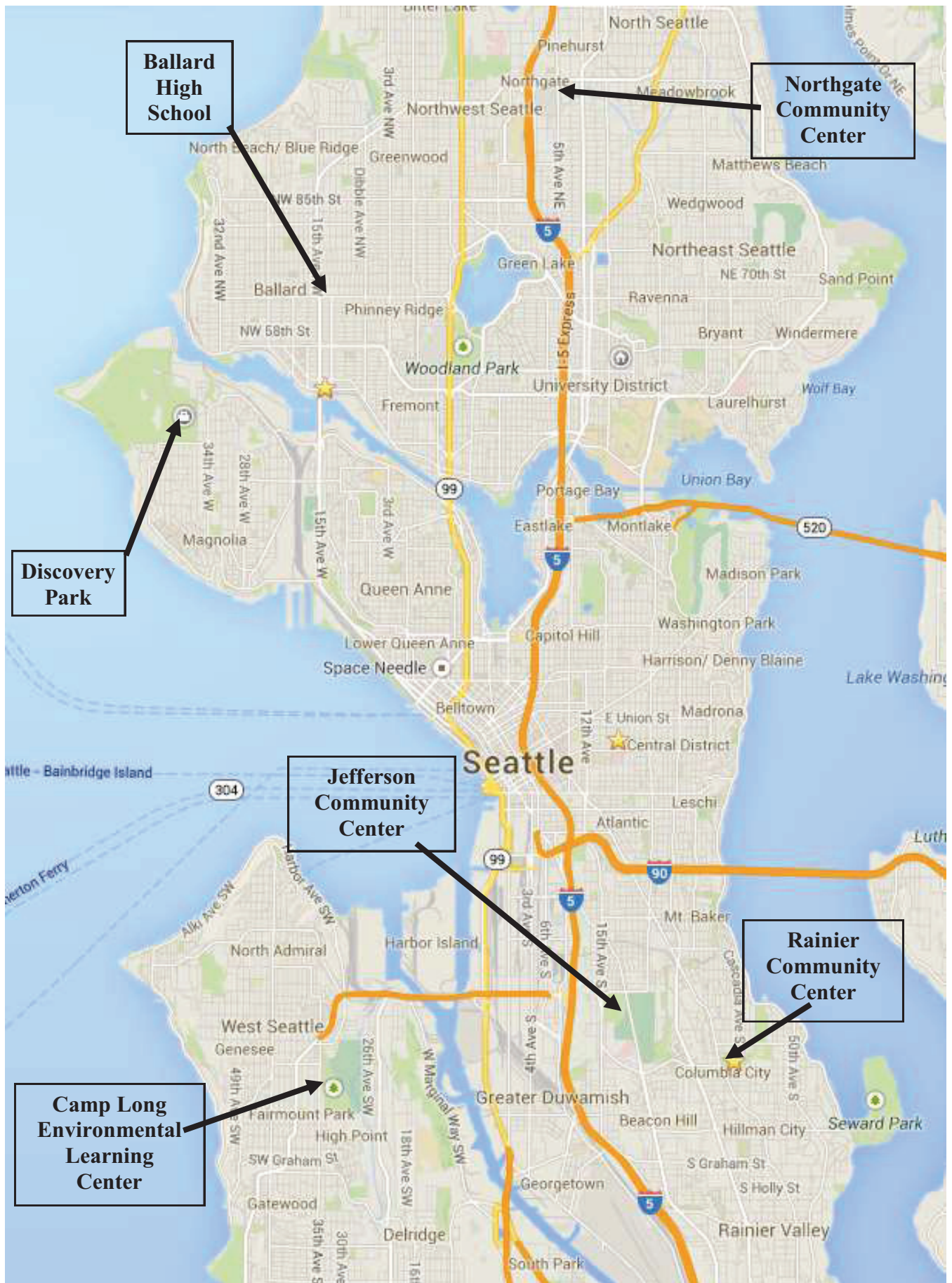
2. What positive contributions will you make to the stipend program you are applying for?
(Please list your first and second job choices)

3. What do you seek to gain by participating in the stipend program?



(This page intentionally left blank)

North-end: Call Seth to sign up 206-423-1501

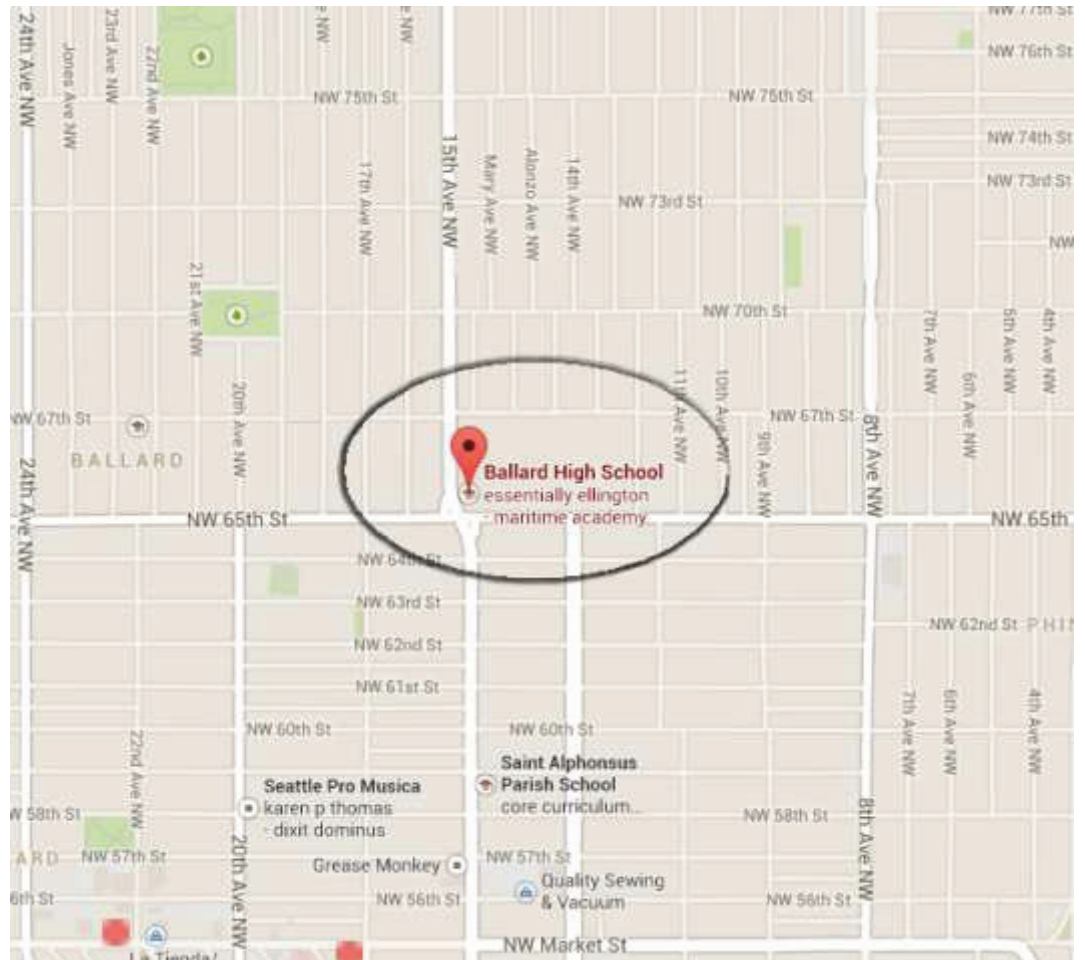


South-end: Call Emily to sign up 206-423-3460

North-End Pickup Locations

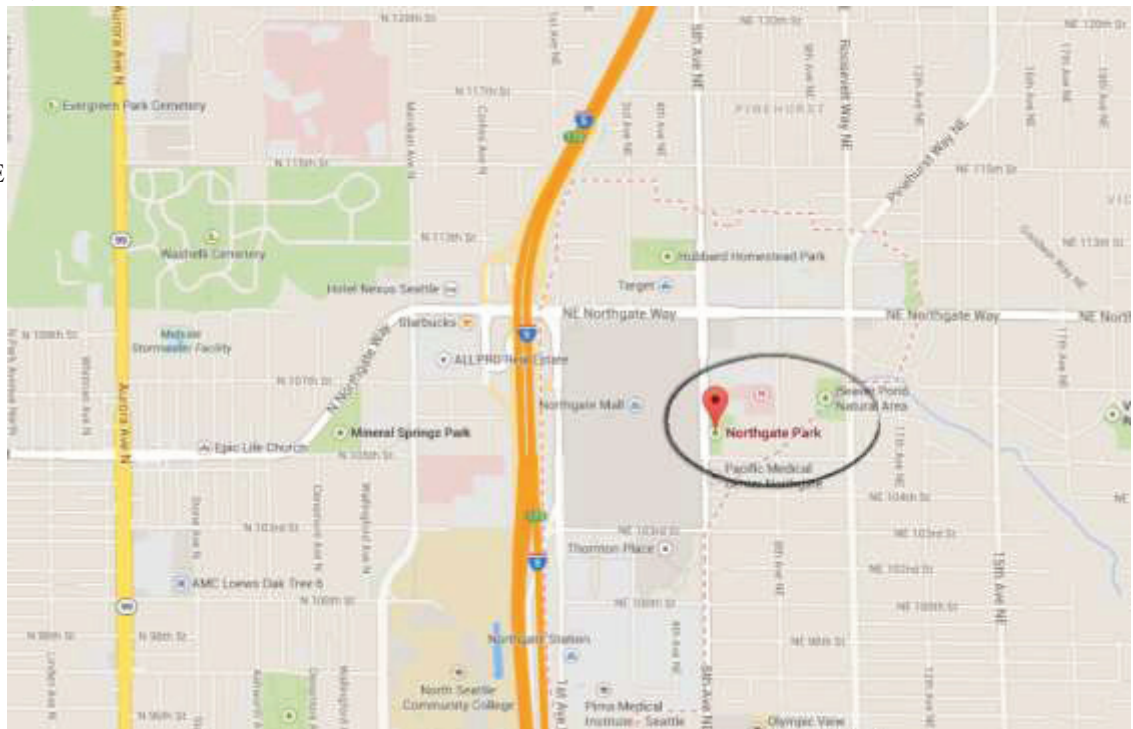
Ballard High School

Address: 1418 NW 67th St. **Bus line from 1st and Pike downtown:** D
Directions: Ballard High School is at 15th Ave. NW and 67th Ave. NW.
Meeting Location: Meet the green Parks van in the back of the school, off 67th St. By the school bike racks.



Northgate Community Center- (206) 386-4283

Address: 10510 5th Ave. NE
Bus Lines: 16, 68, 75, 242
Directions: Northgate CC is located behind the Northgate Library, across from Macy's on 5th Ave., between NE Northgate Way and NE 105th St.
Meeting Location: Meet the green Parks van in the lot behind the library. Next to the playground.



South-End Pickup Locations

Rainier Community Center— (206) 386-1919

Address: 4600 38th Ave. S. **Bus lines:** 7, 9

Directions from the corner of Rainier and Alaska:

Walk downhill (east) on Alaska. Walk past the Rainier Playfield on your left. Turn left on 38th St.

Meeting Location: Meet the green Parks van in the parking lot of the community center.

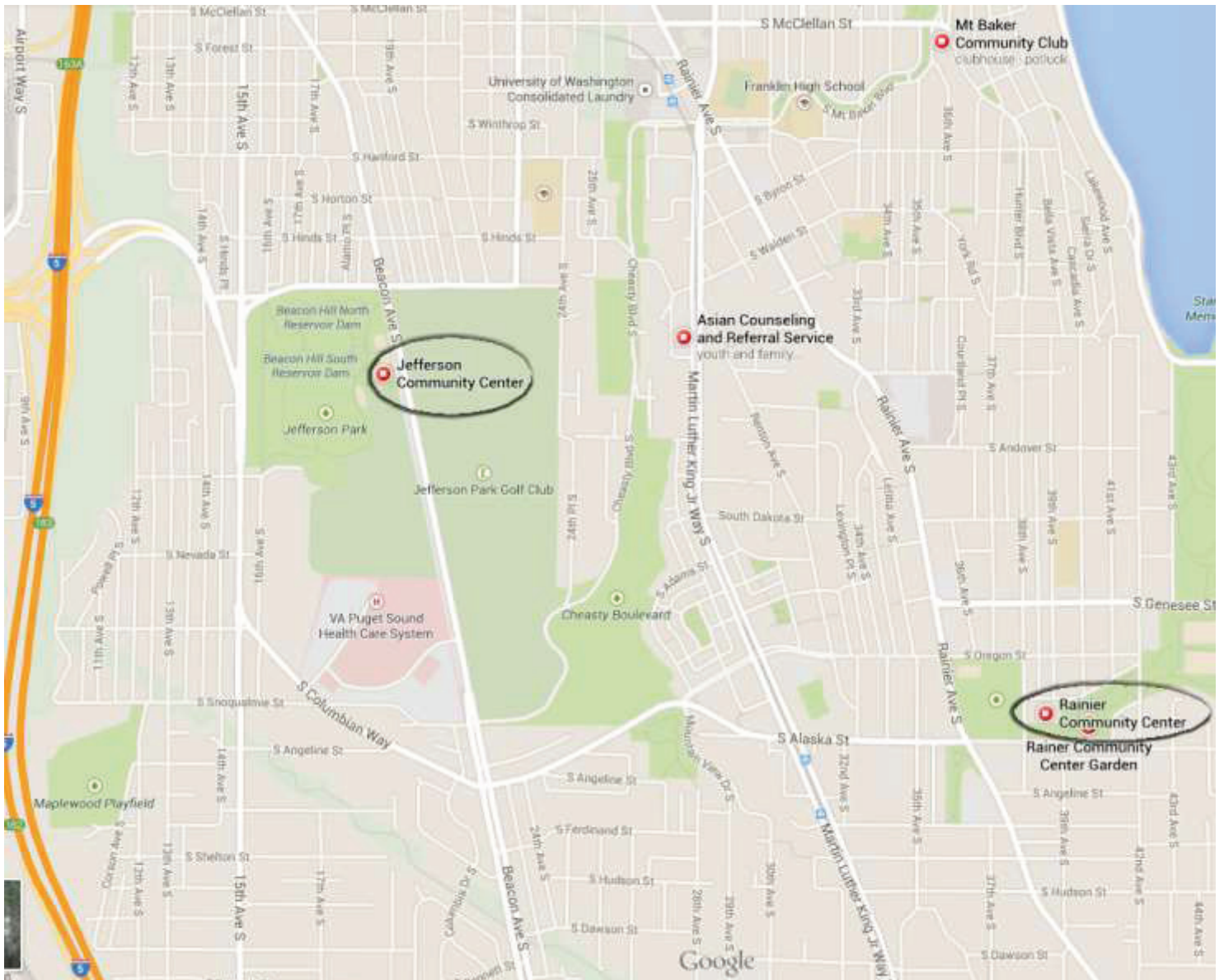
Jefferson Community Center— (206) 684-7481

Address: 3801 Beacon Ave. S. **Bus lines:** Light Rail, 36

Driving Directions From I-5:

Take exit 163A toward S. Columbian Way. Turn left onto S Spokane St. Turn right on Beacon Ave S.

Meeting Location: Meet the green Parks van in the parking lot of the community center. Near the front entrance.



South-End Pickup Locations (continued)

Camp Long- (206) 684-7434

Address: 5200 35th Ave. SW

Bus lines from 1st and Pine downtown: 21

Driving Directions From I-5:

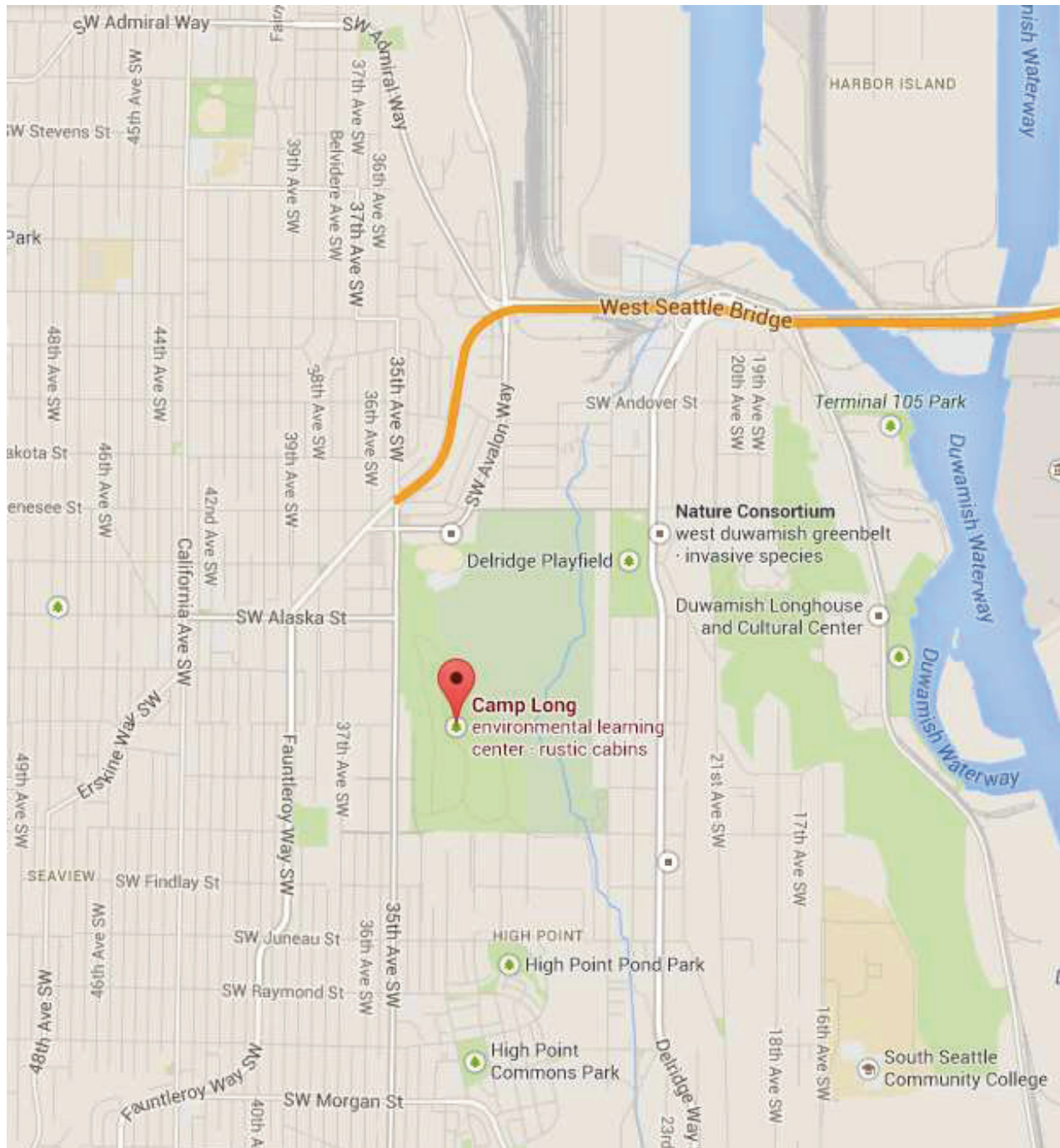
Take exit 163A to merge onto the West Seattle Bridge. Take a slight left onto 35th Ave SW.

Follow 35th Ave. SW up the hill, past Alaska St. The Camp Long entrance is on the left.

The park is on the left, the turn will happen at SW Dawson St.

Meeting Location: Meet the green Parks van in the parking lot in front of the Camp Long Lodge.

(watch for the Camp Long signs along the road way)



**VERTICAL WORLD: ACKNOWLEDGMENT AND ASSUMPTION
OF RISKS & RELEASE AND INDEMNITY AGREEMENT**

All participants must fill out and sign this document (PRINT LEGIBLY)

For participants under 18 yrs. of age, participant and parent(s) or guardian(s) must sign below

2014

Name _____

Address _____

City _____ State _____ Zip _____

Telephone: Home _____ Cell _____

Male _____ Female _____ Birth Date _____

Email Address _____

Emergency Contact: _____ Telephone: _____

BELAY CHECK INFO.

Issued By: _____

Date: _____

Intro Class Date: _____

INTRODUCTION

Please read this Acknowledgment and Assumption of Risks and Release and Indemnity Agreement, including Introduction and Conclusion (the "Document") carefully before signing. This Document informs you about your responsibilities and assumption of risks, and includes a release of liability, indemnification and surrender of certain legal rights.

Parent(s) or Legal Guardian(s) (hereafter collectively "parent(s)") of any participating minor (hereafter sometimes "minor" or "child") shall sign this Agreement. Participating minors (those under the age of 18) shall also sign. "I," "me" or other first person references shall include both the parent and the minor, unless the context requires otherwise. References to "participant" include both minor and adult participants.

In consideration of the services of Vertical World, Inc., its agents, owners, officers, employees, representatives and all other persons or entities associated with it (hereafter collectively "Vertical World"), participant, including parent(s) of minor participants, agree as follows:

ACKNOWLEDGMENT AND ASSUMPTION OF RISKS

Engaging in climbing activities at Vertical World's indoor rock climbing facility involves serious risks. These activities vary but can include bouldering, climbing, belaying and rappelling on Vertical World's artificial climbing walls, with or without Vertical World staff present. I (and my parent(s), if I am a minor) acknowledge that participating in climbing activities involves risks. Some risks are inherent in these activities and cannot be eliminated or reduced. A variety of other risks also exist. These inherent and other risks, hazards and dangers can cause injury, property damage, illness, mental or emotional trauma, paralysis, disability or death to participant or others. The following describes some, but not all of those risks, hazards and dangers:

- 1.) **Risks involved in physical activity.** Activities vary, but can include lifting, climbing, rappelling, belaying and sustained use of a participant's arms and legs.
- 2.) **Risks in decision making.** Participants must make judgments and decisions as they participate in climbing activities. So, too, Vertical World staff must make judgments and decisions as they teach climbing skills or assist participants. These judgments and decisions are, by their nature, imprecise and subject to error. Consequently, there are risks involved in decision-making and conduct, including, without limitation, the risk that a staff member may misjudge a participant's abilities or fitness level.
- 3.) **Equipment failure or misuse.** Equipment used includes, without limitation, artificial climbing holds and anchor points, ropes, slings, harnesses, climbing shoes and climbing hardware which may be misused, or which can break, fail or malfunction. This includes participant's personal equipment or equipment rented or borrowed from Vertical World.
- 4.) **Risks regarding conduct.** The potential that I, other participants or third parties (e.g. belayer, rescue squad, hospital) may act carelessly or recklessly or generally fail to exercise care.
- 5.) **Such other risks, hazards and dangers associated with rock climbing activities and the use of artificial rock climbing walls.**

These and other risks, hazards and dangers may result in participants (for example): 1) falling partway or falling to the ground, 2) getting entangled in ropes or other equipment, 3) impacting the rock face, anchor points, or other projections, 4) colliding with or impacting objects or people. These and other circumstances may cause fractures, sprains, broken bones, concussions, cuts or abrasions, or other injury or illness, mental or emotional trauma, paralysis, disability or death.

I understand that the above list is not complete and that other unknown or unanticipated risks, hazards and dangers may result in injury, damage, death or other loss. I acknowledge that participating in these activities requires a special degree of skill and knowledge different from

other activities and that I have responsibilities as a participant. I have no mental or physical problems or limitations that might compromise or affect my ability to participate in climbing activities which have not been disclosed to Vertical World. I represent I am fully capable of participating in these activities without causing harm to me or others and I agree to follow all Vertical World rules and regulations. I acknowledge that Vertical World staff is, and have been available, should I have further questions about the nature and physical demands of these activities and the risks, hazards and dangers associated with these activities. I understand that the presence of Vertical World personnel is absolutely no assurance of my safety or the lessening of any of these risks. **Climbing is dangerous! In both supervised and unsupervised activities, I acknowledge that all participants are responsible for their own safety. My participation in these activities is purely voluntary, and I choose to participate in spite of and with knowledge of the risks. Therefore, I (and my parent(s), if I am a minor) assume and accept full responsibility for those risks identified here and for those risks not identified, and for injury, damage, death or other loss suffered by me resulting from those risks, or resulting from my own negligence or other conduct.**

RELEASE AND INDEMNITY AGREEMENT

Please read carefully. This section contains a Release and Indemnity Agreement and surrender of certain legal rights.

Participant, if he/she is an adult, or parent(s), for themselves and on behalf of their participating minor child:

- (1) **agree to release and covenant not to sue Vertical World**, with respect to all claims, liabilities, suits or expenses (including attorneys fees and costs), arising out of any injury, damage, death or other loss to me or my child in any way connected with my/my child's enrollment or participation in Vertical World activities, or use of Vertical World's climbing wall or other equipment and facilities. **I understand I agree here to waive all claims I may have against Vertical World, and agree that neither I, nor anyone acting on my behalf, will make a claim or file a lawsuit of any kind against Vertical World, as a result of any injury, damage, death or other loss suffered by me or my child;**
- (2) **agree to defend and indemnify** ("indemnify" meaning protect by reimbursement or payment) **Vertical World** with respect to all claims, liabilities, suits or expenses (including attorneys fees & costs):
 - (a) brought by or on behalf of me, my child, or a family member, arising out of any injury, damage, death or other loss to me or my child in any way connected with my/my child's enrollment or participation in Vertical World activities, or use of Vertical World's climbing wall or other equipment and facilities; or,
 - (b) brought by a co-participant or any other person, arising out of any injury, damage, death or other loss claimed to be caused, in whole or in part, by my/my child's conduct in the course of participating in Vertical World activities or using Vertical World's climbing wall or other equipment and facilities.

This Release and Indemnity Agreement includes any losses claimed to be caused, in whole or in part, by the negligence of Vertical World (but not its gross negligence or reckless misconduct) and includes claims for personal injury, property damage, wrongful death, products liability, breach of contract or otherwise.

CONCLUSION

I agree that this Document and all other aspects of my relationship with Vertical World are governed by Washington state law. Further, any mediation, suit, or other proceeding arising out of or relating to my enrollment or participation in Vertical World activities, must be filed or entered into only in the State of Washington and Washington state law shall apply. I agree to attempt to settle any dispute (that cannot be settled by discussion) through mediation before a mutually acceptable mediator.

I authorize Vertical World staff to obtain or provide medical care for me/my child or to transport me/my child to a medical facility. I authorize medical personnel to render such treatment they deem necessary for me/my child's health. I agree that Vertical World has no responsibility for medical care provided to me/my child and I agree to pay all costs associated with such medical care and transportation.

Any portion of this Document deemed unlawful or unenforceable shall not affect the enforceability of the remaining provisions of this Document and the remaining provisions shall continue in full force and effect.

I have carefully read, understand and voluntarily sign this Document and acknowledge that it shall be effective and binding upon myself and my family and my heirs, executors, representatives and estate.

Participant Signature _____	Date _____	Print name here _____	Accepted by: _____ Staff
-----------------------------	------------	-----------------------	-----------------------------

Parent(s) or Guardian(s) must sign below for any participating minor (those under 18 years of age) and agree that they are subject to all the terms of this Document, as set forth above.

Parent or Guardian Signature _____	Date _____	Print name here _____
------------------------------------	------------	-----------------------



WAIVER

Orion Rafting Waiver (1 of 2)

ORION EXPEDITIONS, INC.

RELEASE AGREEMENT AND ACKNOWLEDGEMENT OF RISK

I, the undersigned, in consideration of the services of Orion Expeditions, Inc., its officers, directors, employees, contractors, agents and representatives (collectively referred to in this Agreement as "Orion"), hereby agree to release and discharge Orion, on behalf of myself, my heirs, assigns, personal representatives, dependents, and estate as follows:

1. I understand and acknowledge that the activity I am about to voluntarily engage in as a participant and/or volunteer bears known risks and unanticipated risks which could result in serious injury, death illness or disease, physical or mental, or damage to myself, to my property or to spectators or other third parties. The following describes some, but not all, of those risks:

- (a) Accident or mishap while traveling to and from the river, whether in vehicles operated by Orion, or in vehicles operated by other persons;
- (b) Collision with any object or person in or outside the boat, or on land, or on the river, or in the river, including, among others, collisions with equipment, other persons, rocks, boulders or trees;
- (c) Any attempt on my part to perform beyond my physical and/or mental ability, and/or the aggravation, recurrence or onset of any pre-existing medical condition of mine;
- (d) Failure on my part or on the part of other guests to comply with any Orion instruction;
- (e) Falling from the boat into the river, or onto a rock, tree or other object, or onto the river bank, and any slip or fall on any terrain;
- (f) Entanglement in, or entrapment by any rope, line, webbing or other equipment, or entanglement in, or entrapment by any other object in or around the river, including, among others, rocks, boulders, trees or man-made objects;
- (g) Failure of equipment, whether owned by me, or provided by or rented from Orion;
- (h) The forces of nature, including, among other things, strong currents, large waves, powerful hydraulics, and/or inclement weather;
- (i) Swimming or floating in the river, drowning, hypothermia, exposure, heat-related illness and/or shock; and/or
- (j) Emergency evacuation and rescue, including among other things, evacuation and rescue from remote and/or hazardous situations.

WHITEWATER RAFTING DOES NOT TAKE PLACE IN A CONTROLLED ENVIRONMENT. AND WILL ALWAYS BE SUBJECT TO THE RISKS POSED BY THE FORCES OF NATURE. THE NATURE AND EXTENT OF THOSE RISKS ARE NOT CAPABLE OF PRECISE DETERMINATION OR CONTROL. EVEN BY PERSONS WITH MANY YEARS OF RAFTING AND GUIDING EXPERIENCE. RAFTING AND/OR ASSOCIATED ACTIVITIES ARE DANGEROUS ACTIVITIES.

2. Being aware that this activity entails known and unknown risks of my serious injury, death or property damage, and risks of serious injury, death or property damage to spectators or other third parties in consequence of my actions, I expressly agree, covenant and promise to accept and assume all responsibility and risk for all and any injury, death, illness or disease, or damage to myself, to others, or to my property arising from my participation in this activity. My participation in this activity is purely voluntary, no one is forcing me to participate, and I elect to participate in spite of the risks.

3. I hereby voluntarily release, forever discharge, and agree to hold harmless, defend and indemnify Orion from and against any and all liability, claims, demands, actions or rights of action, which are related to, arise out of, or are in any way connected with my participation in this activity, including specifically but not limited to the negligent acts or omissions of Orion, its agents or employees, and all other persons or entities, for any and all injury, death, illness or disease, and damage to myself or to my property.

Orion Rafting Waiver (2 of 2)

IN SIGNING THIS DOCUMENT, I FULLY RECOGNIZE THAT IF ANYONE, INCLUDING ME, IS HURT OR DIES OR PROPERTY IS DAMAGED WHILE I AM ENGAGED IN THIS EVENT, I WILL HAVE NO RIGHT TO MAKE A CLAIM OR FILE A LAWSUIT AGAINST ORION, OR ITS OFFICERS, DIRECTORS, EMPLOYEES, AGENTS, CONTRACTORS OR REPRESENTATIVES, EVEN IF THEY OR ANY OF THEM NEGLIGENTLY CAUSED THE BODILY INJURY, DEATH OR PROPERTY DAMAGE.

4. Should it become necessary for Orion, or someone on Orion's behalf, to incur attorneys' fees and costs to enforce and/or interpret this agreement, or any portion of this Agreement, I agree to pay the reasonable costs and attorneys' fees incurred by Orion and such persons, or for which they incur any liability.

5. I agree to refrain from consuming any alcohol or other intoxicants for any period during which they may adversely affect me while rafting. I am affected by the following medical conditions (including allergies), and am taking the following drugs: _____

I have consulted with a medical professional concerning the use of such drugs and the effect of such conditions while rafting. In the event of illness or injury occurring while rafting, I hereby consent in advance to whatever medical or surgical diagnostic and/or restorative procedure or treatment is considered necessary in the judgment of the attending physician, medical technician or guide furnishing medical services.

6. I certify that I have sufficient health, accident and liability insurance to cover any bodily injury or property damage I may incur while participating in this event and to cover bodily injury or property damage caused to a third party as a result of my participation in this event. If I have no such insurance, I certify that I am capable of personally paying for any and all such expenses or liability.

7. If any provision of this Agreement is held to be invalid, such invalidity shall not render invalid the remainder of this Agreement or the remainder of the section of which such invalid provision is a part. If any provision of this Agreement is so broad as to be held unenforceable, such provision shall be interpreted to be only so broad as is enforceable.

Signature of participant: _____ Print name: _____

If under 18, signature
of parent or guardian: _____ Print name: _____

Address: _____

Phone: _____ Date: _____

River: _____ Witness: _____

(Print Name) _____



Float Tests



If you want to participate in any O₂ event that takes place on the water, you need to have passed a city approved float test. A float test is when you prove to a lifeguard that you can tread water with long pants and a long sleeve shirt on for 10 minutes and put on a lifejacket.

You *do not* need to be a good swimmer to pass the test. As an alternative you can try the Deep Water test!

The two types of float tests are described below:

Standard Float Test	Deep Water Test
<p>-To pass a Standard Float Test, you must tread water in the deep end of the pool for 9 minutes. In the 10th minutes, the lifeguard will ask you to put on a life jacket while you are still treading water. At no time are you allowed to touch the side of the pool.</p> <p>-A Standard Float test is good for three years and allows you to do any O₂ aquatic event.</p>	<p>-To pass a Deep Water Test, you must get in the pool with a life jacket on, get your face wet, and float in the deep end of the pool for 10 minutes.</p> <p>-A Deep Water Test is good for 1 specific aquatic event. For example, it would allow you to attend a rafting, kayaking, sailing or canoeing trip / program. After that trip / program is over, your Deep Water certification expires.</p>

Upcoming O2 Float Tests Include:

O2 North End:

Wed—April 30th

Wed—May 7th

Wed—June 25th

Pick ups: Northgate CC—6:00 PM

Back by 8 PM

O2 South End:

Thurs —May 1st

Thurs —May 8st

Tue —June 24th

Thurs —June 26st

Pick ups: Rainier—6:30 PM, Jefferson—6:45, Camp Long—7:00 PM

Back by 8:30 PM

OR call the pool nearest you to see when you can take the test! The Ballard Pool conducts float test during open swim times: Tues—7:30—8:30 PM, Wed—6:30—7:30 PM, Fri—7:30—8:30 PM, Sat—12:30—1:30 PM, Sun—1:30—2:30 PM. Medger Evers Pool (near Garfield HS) has open swim times: Mon and Wed—7—8 PM and Fri—6:30—8:00 PM., Sat—1:30—3:00, Sun—2—3:30 PM. Southwest Community pool (near Chief Sealth HS) has open swim times: Tues & Thursday—7:30—8:30 PM, Friday—4:30—5:30 PM and Saturday—1—2 PM, Sunday— 4 -5 PM

You can **ONLY** take a float test at the following Seattle Parks city pools:

<p>Ballard Pool (684-4094)</p> <p>Evans Pool at Green Lake (684-4961)</p> <p>Medger Evers Pool near Garfield CC (684-4766)</p> <p>Madison Pool in Bitter Lake (684-4979)</p> <p>Meadowbrook Pool off Lake City Way(684-4989)</p>	<p>Queen Anne Pool (386-4282)</p> <p>Rainier Beach (386-1944)</p> <p>Southwest Pool in West Seattle (684-7440)</p> <p>Coleman Pool in West Seattle (684-7494)</p> <p>Mounger Pool in Magnolia (684-4708)</p>
--	--

WHAT TO BRING—If you are taking the test on your own:

- **Photo identification**
- **\$3.00 to get into the pool**
- **Long pants /long sleeved shirt—you will do your float test with these clothes on**
 - Try to avoid bringing jeans or sweat pants, these get heavier when wet. Fleece or leggings work great!
- **Change of Clothes**

Please submit your completed and signed Float Test to Seth or Emily prior to attending an O2 aquatic trip.



Spring 2014 Equipment Lists

Make sure you show up to your Spring events well prepared! Below are lists of some things you should plan to bring on overnight trips and on day trips. Remember, we can provide many of these items, like extra jackets or hiking boots, this is just basic essentials!

Overnight Trips	Day Trips
<ul style="list-style-type: none"> -Water bottle -Comfortable closed-toe walking shoes -Heavy jacket -Waterproof jacket -Wool or fleece sweater -Warm layers -Gloves -Warm hat -Warm socks (synthetic or wool) -1 pair of pants -Bandana -1 Small towel -1 Wash cloth -Flashlight (extra batteries) -Sleeping bag -Toiletries: soap (Ivory, if possible), toothpaste, toothbrush, comb, brush, sanitary napkins if necessary -Medications (if needed) -Allergy medicine (if needed) -Pillow -Sunscreen -Sunglasses -Lip balm -Camera (optional) -Swim Wear and towel 	<ul style="list-style-type: none"> -Comfortable closed-toe walking shoes -Waterproof jacket -Wool or fleece sweater -Warm layers -Gloves -Warm hat -Water bottle -Backpack -Sunscreen -Medications (if needed) -Camera (optional) -Snacks (optional)

Rafting Trip:

***Bring a swimsuit, change of clothes and extra pair of warm socks
(NO COTTON CLOTHES WHILE RAFTING)**